

## RESEARCH ARTICLE

## TO EVALUATE THE EFFICACY OF AMLAKYADI CHURNAM IN MANAGEMENT OF GARBHINI PANDU

\*D Anuradha<sup>1</sup>, N Anish<sup>2</sup>, NMA Rasheed<sup>3</sup>, M Srinivasulu.<sup>4</sup><sup>1&4</sup> Dr. B.R.K.R. Govt. Ayurvedic College, opp.E.S.I. Hospital, A.G. Colony Road, Erragadda Hyderabad-500038,<sup>2</sup>AIZANT Drug Research Solutions, Dhulapalli, Hyderabad, India<sup>3</sup>Central Research Institute of Unani Medicine, opp.E.S.I. Hospital, A.G. Colony Road, Erragadda, Hyderabad-500038, India\*Corresponding Author's Detail: Asst.Prof. and HOD.Agadathanthra and vyavahara ayurveda Dr.BRKR.government ayurvedic medical college, Hyderabad, Andhra Pradesh. Email: [dranud@yahoo.com](mailto:dranud@yahoo.com)

## ABSTRACT

Female is the centre of human life circle. Ancient ethics like Manusmriti has evaluated female by giving prior position in human life. Prajadhari (giving birth) is the most important role. For those women needs healthy conditions during pregnancy. In this physiological process mother experiences certain problems like pandu (Anemia). If it is neglected it may lead to complicate events of pregnancy, labor & purperum etc. there is marked demand of extra iron during pregnancy especially in the second half. Even an adequate diet cannot provide the extra demand of iron. The fall in the hemoglobin concentration during pregnancy is due to combined effect of haemodilution and negative iron balance. The anemia is normocytic and normochromic type. pandu by amlakyadi choornam consists of Amlaki, Yast & Swarna maukshika. Amlaki is Panchersa (devoid of lavana) and pitta samake. Poorva malabedhanakari (laxative). It consists of vit-C which helps in good absorption of loya yast is Madhurarasas rasayana, balya, ruchikara Sw.M.Entaim loha & tantra. Known for rasaguna, raktaprasadake, rasantpadaka, pitta shameke etc. tantra has got krimighna property Mudhu:- Yogavali, Srothoshodana, Antiemetic. The pregnant woman should be treated with the use of soft, sweet, cold, pleasing & gentle drugs, dietetics and behavior. Present clinical study is on garbhini pandu (anemia in pregnancy) with Amlakyadi choornam which contains Amlaki, yastimadhu and swarnamakshikabhasma. Pregnant women were selected for clinical trial at O.P.D. of GAH Erragadda. 3grms of Amlakyadi churnam was given with anupana of madhu (honey) twice daily after light food in the morning & evening for 90 days. This compound drug is of selective rasayanas. It is economical, safe & effective and devoid of complications. Total 30 patients were treated, parameters are assessed monthly once throughout the period of 90 days. At the same time clinical symptoms like anorexia, poor appetite, Shotha (inflammation), malabandhata (constipation), Pallor etc and Hb% also observed. Weight gain observed in all the patients and also Hb% is improved in all the cases. There were no side effects noticed while usage well tolerated by the pregnant woman without complications.

**Key Words:** Pandu roga, Garbhini, Amlakyadi churna and women.

## INTRODUCTION:

Pandu (anaemia) is one of the diseases of rasavaha srotodhusti, Pregnancy is a physiological process, during this period mother experiences certain problems like Pandu.<sup>1</sup> Negligence of these problems may lead to complicate events of pregnancy, labor and purperum. Garbhini should be treated just like a pot filled with oil, slightest oscillation of such pot causes spilling of oil. Similarly slightest excitement to the pregnant woman can initiate abortion, etc.<sup>2</sup>

Pregnancy makes the women more susceptible to develop Pandu (anaemia) not only because of extra demand of the growing fetus but also due to the deficient diet. Incidence of disease ranges from 40-80%. It is a universal problem and occurs for any age group of persons.

Pregnancy is a state of continuous physical adaptation to meet and anticipate the demands of the growing fetus and to provide a stable environment in which its growth can take place for fetal needs.<sup>3</sup>

Hydroemia of pregnancy (fall in hemoglobin level) is due to increase in red cell volume is less than 20% though the plasma volume will increase by 40% 11.0gms/100ml of peripheral blood @less than that is known to be anemia.<sup>4</sup>

## MATERIALS &amp; METHODS:

## DRUGS

1. Amlaki (phyllanthusemblicalin) 2. Yastimadhu (Glycyrrhizogabra) 3. Swarnamakshika (Copper pyrite  $\text{CuFeS}_2$ ).<sup>5</sup>

**Anupana-** Madhu.

**Preparation of drug:** - Fruits of Amlaki & roots of Yastimadhu were prepared as fine powder. Swarnamakshika bhasma prepared according to process mentioned in Rasataranghi book.

yasti + amalki & Swarnabhasma were taken in the ratio of 3:1. 3gms. of this drug (Amlakyadi churn) was given with Madhu twice daily (orally) after light food intake in the morning & evening for 90 days continuously.<sup>6</sup>

**Patients:** 30 patients randomly selected who were suffering from Garbhini Pandu from the Department of Prasuti at G.A.H- Erragadda, Hyderabad.

**Parameters:**

- 1) Objective: - Hb% & weight
- 2) Subjective: - Anorexia, nausea, vomiting, heartburn, constipation, shotha, pallor etc

**Follow up:**

- 1) Assessment after every month
- 2) Signs & Symptoms recorded before & after treatment.

**OBSERVATIONS:****Table 1: Based on Age**

Sl.No	Age	No. of Cases	Percentage
1	18Yrs – 22Yrs	15	50%
2	23Yrs – 27Yrs	9	30%
3	28Yrs – 32Yrs	6	20%

**Table 2 : Based on Occupation**

S.No.	Occupation	No. of Cases	Percentage
1	House wife	15	50
2	Employee	9	30
3	Others (labor)	6	20

**Table 3: Based on Socio –Economic status**

S.No.	S.E.Status	No. of Cases	Percentage
1	Low	12	40
2	Middle	9	30
3	Upper	9	30

**Table 4: Based on Dietary habits**

S.No.	Dietary Habits	No. of Patients	Percentage
1	Vegetarian	21	70
2	Mixed diet	9	30

**Table 5: Based on Gravid**

Sl.No.	Gravida	No. of Cases	Percentage
1	Primary Gravida	8	26.66
2	Secondary Gravida	14	46.68
3	Multi Gravida	8	26.66

**Table 6: Based on 2<sup>nd</sup> Trimester**

Sl.No.	2 <sup>nd</sup> Trimester	No. of Cases	Percentage
1	4 <sup>th</sup> month	9	30.0
2	5 <sup>th</sup> month	11	36.67
3	6 <sup>th</sup> month	10	33.33

**Table 7: Based on Hb%**

Sl.No.	HB%	No. of Cases	Percentage
1	7.0gm – 8.0gm	8	26.66
2	8.0gm – 9.0gm	14	46.88
3	9.0gm – 10.0 gm	8	26.66

**Table 8: Based on Signs & Symptoms**

Sl.No.	Signs & Symptoms	No. of Cases	Percentage
1	Anorexia	15	50
2	Poor appetite	21	70
3	Heart burn	18	60
4	Constipation	15	50
5	Shotha(edema)	9	30
6	General weakness	18	60
7	Pallor (conjunctiva, tongue& nails)	12	73.33

Table 9: results based on Age

Age	No. of Cases	Relief Completely	Relief partial	No relief
18Yrs – 22Yrs	15	66.66% (10)	26.66%(4)	6.66% (1)
23Yrs – 27Yrs	9	77.77% (7)	11.11%(1)	11.11%(1)
28Yrs – 32Yrs	6	66.66% (4)	16.66%(1)	16.66%(1)

Table 10: results based on Occupation

Occupation	No. of Cases	Relief Completely	Relief partial	No relief
House wife	15	66.66% (10)	26.66%(4)	6.66% (1)
Employee	9	77.77% (7)	11.11%(1)	11.11%(1)
Others (labor)	6	66.66% (4)	16.66%(1)	16.66%(1)

Table 11: results based on Socio – Economic status

S.E.S	No. of Cases	Relief Completely	Relief partial	No relief
Low	12	50% (6)	33.33%(4)	16.66% (2)
Middle	9	66.66% (6)	22.22%(2)	11.11%(1)
Upper	9	100% (9)	-	-

Table 12: Result based on Diet habits

Dietary Habits	No. of Cases	Relief Completely	Relief partial	No relief
Vegetarian	21	55.55% (6)	33.33%(3)	11.11% (1)
Mixed diet	9	76.19% (16)	14.28%(3)	9.5%(2)

Table 13: results based on Gravida

Gravida	No. of Cases	Relief Completely	Relief partial	No relief
Primary Gravida	8	62.5% (5)	25.00%(2)	12.50% (1)
Secondary Gravida	14	78.57% (11)	14.44%(2)	7.14%(1)
Multi Gravida	8	62.05% (5)	25%(2)	12.05(1)

Table 14: results based on 2<sup>nd</sup> Trimester

2 <sup>nd</sup> Trimester	No. of Cases	Relief Completely	Relief partial	No relief
4 <sup>th</sup> month	9	66.66% (6)	22.22%(2)	11.11% (1)
5 <sup>th</sup> month	11	72.72% (8)	18.18%(2)	9.09%(1)
6 <sup>th</sup> month	10	70% (7)	20%(2)	10(1)

Table 15: results based on Hb% before & after treatment

Hemoglobin HB%	No. of Cases	Before treatment	After treatment
7.0gm – 8.0gm	8	6.8gms%	11.05gms %
8.0gm – 9.0gm	14	8.43gms%	12.09gms%
9.0gm – 10.0 gm	8	9.2gms%	12.91gms%

Table 16: based on Signs & Symptoms

Signs & Symptoms	Before treatment	After Treatment		
		Complete	Partial	No results
Anorexia	50% (15)	73.33% (11)	20% (3)	6.66% (1)
Poor appetite	70% (21)	61.90% (13)	28.57% (6)	9.52% (2)
Heart burn	60% (18)	61.11% (12)	27.77% (4)	11.11% (2)
Constipation	50% (15)	60% (9)	26.66% (4)	13.33% (2)
Shotha	30% (9)	55.55% (5)	22.22% (2)	22.22% (2)
General weakness	60% (18)	83.33% (15)	11.11% (2)	5.55% (1)
Pallor (conjunctiva, tongue nails)	73.33% (22)	81.81% (18)	9.09% (2)	9.09% (2)

Table 17: total results of 30 patients

No. of cases	Complete relief	Partial relief	No relief
30	70.34%	19.49%	10.16%

**DISCUSSION:**

The pregnant women requires additional amount of energy and nutrition as she has to supply the fetus which may lead to nutritional deficiency disorders like Pandu, etc. the present study is aimed at finding as safe effective, management and to get Garbhini into normal from Pandu by Amalakyadi churna. Vitamin -C which is present in Amalaki will enhance the absorption of loha (in swarna makshika). In total the drug is tridoshashamaka, rasayana (health tonic), balya (energy), ruchikara.<sup>7&8</sup> (taste), jeavaneya, and brimhana(improves blood&gives energy) in nature.

The anupana madhu also having iron content, yogavahi in nature, with this nature of drug in all 30pts. weight gain observed and also Hb% is improved.

**CONCLUSION:**

The compound preparation of Amalakyadi churnam contains Amalaki, Yasti & Swarnamakshika. Madhu as anupana is very much useful in the management of Garbhini pandu.<sup>9</sup> The drug is well tolerated by the pregnant women without any complications.

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